

TOPICS OF INTEREST TO EVERY WOMAN

EDITED BY JULIA CHANDLER MANZ

THE BALKAN BLOUSE.



A novelty of such graceful lines as this will surely meet with great favor as soon as the warmer days are in order.

HAPPINESS DEPENDS UPON OURSELVES

When We Stop to Pity Ourselves

By FRANCES SCHAFFER.

The other day, as a woman sat lost in the brownest kind of a brown study, thinking of the strange tangles in the world, she was startled by the rather personal and very comprehensive query:

"Are you happy?"

"Of course she isn't," he declared, as it was given to mortals to be. And when the question was pursued a bit further and she was asked if the cup of happiness was filled quite up to the brim, she naturally insisted that all was well, with not a cloud on her peaceful horizon.

But, as the inquirer went on in his curious way, the woman felt a-tingling.

Just what did he mean and what did other folks mean when they talk and dream of happiness?

Do they mean that all their hopes must come a-sailing in and all their hopes must be fulfilled? No disappointments, no failures, no rude awakenings, no shattered dreams, no friendships broken and ties dissolved by the remorseless hand of death? And must they go through life happily immune from serious physical ills and exempt from arising worries, sorrows and discomforts in every way?

Well, if they do, it is not so strange that the world has looked, and has looked in vain, for the perfectly happy man.

Not Far Away.

But if they mean—as they ought to mean—just moderate happiness, then they need not go so far to find it.

And most of us have come to the conclusion that it more or less depends upon the kind of philosophers we are. For life has not a way of running alone without dealing some hard blows and a great many bumps and bruises; and when we stoop too long to pity ourselves, too long to lament and complain—that is when the great dream of happiness slips by.

Nature, that makes us pretty sensitive to physical ills and to hurts of various kinds, sometimes bestows the saving grace of a courageous heart that will not be subdued.

For there are folk who have their share of the griefs and the ills that sooner or later must come to all, but they make no sign that there is an unhappy lot. Then other troubles come knocking at their doors, troubles that skip more fortunate folk, who have only the usual portion; and still they make no sign, for they look at the sweetness left in their lives, and refuse to be, at least, they refuse to appear, unhappy.

Inspire Others.

And they are the ones who inspire, or who ought to inspire, the rest of the world, to take their joys, their successes and their sorrows along with their griefs and their sorrows and count themselves relatively happy. If nothing more.

It takes some time before we are ready to believe it, but it is true enough that if we grow and develop at all as the years go speeding by, the defeat and the hard, hard tests must take a hand as well as the pleasant triumphs. And we must look at life in its uglier angles as well as its softer curves. For if we do not, and if we miss the harder lessons that are given to some, or if we fail to make the most and the best of those that come, somehow we seem to be narrowed down in thought, in sympathy and in understanding.

And when it comes to a question of happiness, we must learn to count it relative.

Can Answer "Yes."

"Are you happy?"

Well, doubtless you have your troubles, your heartaches and your failures, and perhaps by the time they are all sifted out there is not very much left, that is not, much that is reckoned as making for happiness. Because work grows wearisome, worries multiply and the pleasures that come may not seem to compensate for the hardships along the way.

But if you are a good philosopher you say to yourself when that question comes pounding home that if there are some things that are not at all as you would

This Shampoo Best For Home Use

"Every woman prizes lustrant hair," says Mae Martin, in the Tacoma Examiner, "and many find that much depends on shampooing. Various preparations are used for this purpose, but few are free from injurious ingredients, and the result is thin, straggly hair and itchy scalp."

A simple and inexpensive shampoo mixture can be made at home by dissolving a teaspoonful of castor oil in a quart of hot water. This is poured on the scalp, and rubbed until lathering freely, then the hair rinsed carefully and dried.

Nothing so quickly promotes a healthy condition of the scalp as a castor oil shampoo, and its use is certain to produce glossy, lustrant hair. Case should be taken to get an original package of castor oil.

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EASER TURBANS.



The upper sketch is of a mustard yellow hemp turban, with a round, black velvet crown and two black feathers caught by plated ornaments of bright rose-colored velvet.

Other hat is a white chip, trimmed with smoke-gray feathers and pink roses.

Unique Darners.

Instead of using a wooden "darn" er, try putting the worn stocking over your own shoe tree. Then you will be able to see exactly how the darned place will lie on your foot, and can make it loose or tight as necessity requires.

When selecting a darn, "veg" always cut a white one, so that when mending black or colored stockings you will be able to see the work more plainly.

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Romantic Ireland

"LEARN ONE THING EVERY DAY."

No. 5. THE LAKES OF KILLARNEY.

(Copyright, 1913, by The Associated Newspaper School, Inc.)



"Sweet Innisfallen, long shall dwell in memory's dream that sunny smile Which o'er thee on that evening fell— When first I saw thy fairy tale!"—Sung Thomas Moore of the lovely island in the Lower Lake of Killarney. The whole region of Killarney breathes romance. It is the most beautiful spot in all Ireland.

The town of Killarney is in County Kerry, Ireland. It is a true Irish market town. Geese and chickens wander the streets, and even have the comers to stroll into the kitchens and help themselves to anything that they find to eat. On the back streets of Killarney there are many small cabins, the reason for this is said to be that many years ago a landlord had a philanthropic scheme of rebuilding the town so that every house should have a garden for itself. However, he forgot to make it a rule that this space should be used for a garden only, and most of the tenants sublet their plots to other people to build upon.

The Lakes of Killarney are about a mile and a half from the town. The Upper Lake, 40 acres in area, is the southernmost, and lies under the shadow of the Purple Mountains and the Derry-cumshingaun range. The Middle Lake, whose area is 60 acres, is called Muckross or Torc Lake. The Long Range is the name of the stream that joins the two lakes together, and where this river

joins Lake Muckross stands old Weir Bridge. Midway along the stream is the famous echo caused by the Eagles Nest, a lofty pyramidal rock, 1200 feet high. The Lower Lake, Lough Leane, is five miles long and three broad, the largest of the three. It is about this lake that the many ruins are clustered.

In the Lower Lake lies the island of Innisfallen. On this island are the ruins of an old abbey founded by Saint Finian the leper, in 650. Here were written the Annals of Innisfallen, which tell all we know of early Irish history. In 1180, when the abbey was full of gold and silver, Midwin, son of Daniel O'Donoghue, plundered it, and slaughtered the keepers right in the cemetery of the McCarthy.

Every day a different human interest story will appear in The Herald. You can get a beautiful illustration reproduction of the above picture, with five others, equally attractive, 7x10 inches in size, with this week's "Monitor," in "The Monitor," a well-known authority covers the subject of the pictures and stories of the week. Readers of The Herald and "The Monitor" will know art, literature, history, science, and travel, and own exquisite pictures. On sale at The Herald office. Price, 10 cents. Write to-day to The Herald for booklet explaining the Associated Newspaper School plan.

Others to come through the canal to the United States, just as we encourage similar movement from the United States to that part of the world.

"CLEAN-UP" STARTS APRIL 14.

Commissioners to Co-operate with Committee for Beautification.

Full co-operation of the District committee will be given the clean city movement in its second campaign for a thorough clean-up of the District. The Commissioners have given their approval to the plans of the committee and will issue a proclamation within a few days calling upon all citizens to enlist in the cause.

The campaign, designed to make Washington the healthiest city in America, will start April 14.

All residents of the District, various civic associations, school children, and District officials are expected to work together during "clean-up week." Letters asking co-operation of all are being sent out by the committee.

OFFICIALS WATCH FLIGHT.

M. E. Reed Stays in Air Ten Minutes in New Hydroaeroplane.

A number of prominent persons interested in aviation yesterday witnessed the experimental flight of the new Reed hydroaeroplane at the War College. The machine remained in the air about ten minutes, and M. E. Reed, who was operating it, flew to the Capital City Yacht Club and back to the War College. Reed was enthusiastic over the flight. The balance of the machine was perfect, the little jumps which were noticeable in its first flight recently being eliminated by changing the position of the pontoons.

A more extended test is planned for tomorrow, providing weather conditions are favorable. Among those who witnessed the flight yesterday were A. S. Zahn, secretary of the Aero Club of America; Brig. Gen. Allen, U. S. A., retired, and James Means, of Boston.

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"The opening of the Panama Canal will in history mark the inauguration of a splendid Pan-American era, provided, always, that the government and people of the United States get ready in a practical way for the Panama Canal and endeavor to make that waterway as useful and beneficial to our sister republics as to the United States," Mr. Barrett said.

He concluded: "The Panama Canal must build up markets of Latin America in the United States as well as the markets of the United States in those countries. We must encourage Latin-American ships and business men, Latin-American statesmen, travelers, educators, and

citizens of Central and South America should profit from the Panama Canal as well as the citizens of the United States in order that its fullest possibilities be realized was one of the things that John Barrett, director general of the Pan-American Union, told the members of the War College yesterday. Mr. Barrett's lecture, one of the numbers in the War College's regular lecture course, dealt with the influence of the Panama Canal on the future development of the whole Western Hemisphere.

Mr. Barrett said that Latin America was entering into a period of extraordinary progress, and that this fact demanded great attention from the government and people of the United States in their ordering of the country's foreign relations.

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